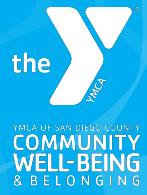


POOL SCHEDULE

RECREATION POOL



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6:00-8:00am Lap Swim (4)			6:00-8:00am Lap Swim (4)			
7AM		6:00-9:15am Lap Swim (4)				7:00-9:15am Lap Swim (4)	
8AM	8:00-9:00am Lap Swim (3) Aqua Fit (1)	8:00-9:00am Aqua Fit		8:00-9:00am Lap Swim (3) Aqua Fit (1)		8:00-9:00am Aqua Fit	8:00-9:15am Lap Swim (4)
9AM			6:00am-3:30pm Lap Swim (4)		6:00am-3:30pm Lap Swim (4)		
10AM		9:15am-12:00pm Lap Swim (2) Swim Lessons (2)	8:00-9:00am Aqua Fit	9:15am-12:00pm Lap Swim (2) Swim Lessons (2)	8:00-9:00am Aqua Fit	9:15am-12:45pm Lap Swim (1) Lessons (3)	9:15am-12:00pm Lap Swim (1) Swim Lessons (3)
11AM	9:00am-3:30pm Lap Swim (4)		11:00am-12:00pm Aqua Fit		11:00am-12:00pm Aqua Fit		10:00-11:00am Aqua Zumba
12PM	11:00am-12:00pm Aqua Fit	12:00-3:30pm Lap Swim (4)		12:00-3:30pm Lap Swim (4)			
1PM		12:00pm-1:00pm Aqua Fit					
2PM							12:00-5:00pm Lap Swim (4)
3PM						12:45-6:00pm Lap Swim (4)	
4PM	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (1) Swim Lessons (3)		
5PM							
6PM							
7PM	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-7:30pm Lap Swim (4)		
8PM							

From:
DEC. 6, 2025 – JAN. 31, 2026

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

Family Swim Hours:

Monday – Thursday	9AM – 8:30PM
Friday	9AM – 7:30PM
Saturday	11:30AM – 6PM
Sunday	8AM – 5PM

Splash Pad Hours:

Monday – Thursday	9AM – 8:00PM
Friday	9AM – 7:00PM
Saturday	7AM – 6PM
Sunday	8AM – 5PM

RULES:

Children 13 and under MUST pass the swim test to swim without an adult.

An adult MUST be in the water with non-swimmers, within arms reach.

Adult to child ratio: If more than 1 child per 1 adult in the pool, the other children MUST pass the swim test or wear a Coast Guard approved life vest.

Children 6 and under must be actively supervised in the water by an adult 16 years or older.

Children 7-12 must have adult supervision within the area, even if the swim test has been passed.

ADDITIONAL NOTES:

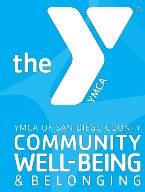
Swim Lesson Registration opens every month on the 15th for members and on the 17th for non-members.

The Splash Pad may be closed for private birthday parties between 11:30am-4:30pm on Saturdays and Sundays

Lifeguard training 12/6-7 & 12/13-14 may impact lane availability.

POOL SCHEDULE

LAP POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6:00-7:00am Lap Swim (4) Masters (4)		6:00-7:00am Lap Swim (4) Masters (4)		6:00-7:00am Lap Swim (4) Masters (4)		
7AM		6:00-8:00am Lap Swim (8)		6:00-8:00am Lap Swim (8)		7:00-8:00am Lap Swim (8)	
8AM			8:00-9:00am Lap Swim (3) Masters (5)		8:00-9:00am Lap Swim (3) Masters (5)		
9AM							
10AM	7:00am-4:00pm Lap Swim (8)		7:00am-4:00pm Lap Swim (8)		7:00am-4:00pm Lap Swim (8)		
11AM							
12PM		9:00am-5:00pm Lap Swim (8)		9:00am-5:00pm Lap Swim (8)			
1PM						9:00am-6:00pm Lap Swim (8)	
2PM							
3PM							
4PM	4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-6:00pm Lap Swim (4) Swim Team (4)		
5PM			5:00-8:00pm Lap Swim (3) Swim Team (5)		5:00-8:00pm Lap Swim (4) Swim Team (4)		
6PM	6:00-7:00pm Lap Swim (2) Swim Team (4) Masters (2)		6:00-7:00pm Lap Swim (2) Swim Team (4) Masters (2)		6:00-7:30pm Lap Swim (8)		
7PM	7:00-8:30pm Lap Swim (8)		7:00-8:30pm Lap Swim (8)		8:00-8:30pm Lap Swim (8)		
8PM							

From:
DEC. 6, 2025 – JAN. 31, 2026

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

Spa Hours*:

Monday – Thursday	6AM – 8:30PM
Friday	6AM – 7:30PM
Saturday	7AM – 6PM
Sunday	8AM – 5PM

Sauna Hours:

Monday – Thursday	6AM – 8:30PM
Friday	6AM – 7:30PM
Saturday	7AM – 6PM
Sunday	8AM – 5PM

CONTACTS:

Julie Mocabee: Aquatics Director
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Xavier Chavoya: Aquatics Coordinator
Email – xchavoya@ymcasd.org

La Jolla Lightning Youth Swim Team
Email – ljswimteam@ymcasd.org

ADDITIONAL NOTES:

Baseball Season Spa Closures

Monday – Friday: 4:45-6pm

Saturdays: 8am – 6pm

Sundays: 10am – 5pm

*Note: For member safety the spa will be closed when baseball is being played at the field behind the spa. This schedule is subject to change as needed.

Lifeguard training 12/6-7 & 12/13-14 may impact lane availability.